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Most Canadians think 'green' labels a ploy

SURVEY About 80 per cent of Canadians say they think of the environment when making purchasing decisions, but most think that companies' "green" claims are just a marketing ploy, a survey released yesterday found.

Eighty-five per cent of 1,500 Canadians surveyed by the Gandalf Group said they want regulated standards for producers and labelling that certifies and explains terms such as "organic," "low emissions" and "green."

Almost two-thirds said they don't understand why it's more expensive to buy environmentally friendly products, the survey found.

The same number of respondents also said they don't believe "green" products cost more to make, but that companies claim a product is environmentally friendly so that they can charge more for it. **REUTERS**

Celebrity page 14

Cyrus sort of offers apology

Health page 10

Write off those extra pounds

Beijing page 9

Heat, pollution hamper Games

Please recycle

RAFE ARNOTT/METRO VANCOUVER

Flight attendant Daisy L., who would not give her full last name, hoists the CUPE flag during a march along Miller Road near YVR yesterday. More than 200 flight attendants and their supporters rallied in Vancouver to protest looming job cuts announced by Air Canada.

Attendants 'push back' in protests against Air Canada

ANDREA WOO
for Metro Vancouver

Hundreds of Air Canada flight attendants rallied in Richmond yesterday to protest the carrier's large-scale layoffs across the country.

The airline plans to cut flight attendant bases in Winnipeg and Halifax and lay off more than 650 employees across the country — 300 from Vancouver.

David Pacheco, vice-president of CUPE local 4094, said that Air Canada was supposed to provide the union with 250 buyout packages this year but has only given 75.

"The rest are being arbitrated," he said. "So there's 175 people who are willing and ready to go and they won't let them go, but they want to lay off 300. It doesn't make any sense at all."

Marie, a flight attendant of more than 20 years who declined to give her last name, said that the layoffs come just as many employees' contracts are up.

"We need protection for our flight attendants, employees and flight crews," she said. "It's just unacceptable."

Air Canada president and CEO Montie Brewer has said that the cuts are a regretful but necessary response to the rising cost of fuel. The airline has already tacked on a $25 fee for a second checked bag and is pondering a $15 fee for the first.

The protesters marched from Sea Island Elementary to Vancouver International Airport waving pink union flags and chanting, "Push back."

Across country

- Protests attracting hundreds of flight attendants and their supporters were also held in Winnipeg and Halifax yesterday.

Share your thoughts »
vancouverletters@metronews.ca

Probe ordered into Olson items on auction site

BEAST OF B.C. The Correctional Service of Canada is investigating how personal prison items belonging to notorious serial killer Clifford Olson made their way on to an online auction site.

An Australian man who claims to have corresponded with Olson for two years is selling items that include letters, poetry and photographs on the U.S.-based site murderauction.com.

Public Safety Minister Stockwell Day has ordered a probe into how the items left the prison.

Olson, 68, known as the Beast of B.C., is serving a life sentence for killing 11 children in the early 1980s in this province.

In May, a Clifford Olson MySpace page was created and quickly shut down after media reported on it.

ANDREA WOO/FOR METRO VANCOUVER

grim merchandise

- Murderauction.com is also selling prison greetings from Jeffrey Dahmer and prison documents signed by Robert Pickton.

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*Contest open to Canadian residents (excluding Quebec) in attendance at event. One Breaking Dawn book, with an approx. retail value of $23.99, will be awarded to an individual at the event via random draw. Standard text message rates shall apply to trivia game participation.

B.C. sees 60 salmonella cases in 2 months
Salmonella cases are on the rise in B.C. with more than 60 infections over the past two months. The majority of reports were made in the Lower Mainland, according to the B.C. Centre for Disease Control. METRO VANCOUVER

Local

"I just really needed some time to think about how this will affect me and the people around me."

Maple Ridge realtor Peter Dushop, 24, yesterday on waiting almost one year to cash his winning Lotto 6/49 ticket worth $3.6 million.

Winner's losses

According to a local banking representative, using a three per cent interest rate, Dushop missed out on approximately $100,000 in interest by holding on to his ticket for almost a year.

Pemberton

Police happy with music fest crowd

RCMP Mounties at this weekend's Pemberton Music Festival dealt with drug and alcohol seizures, but little else from the "well-behaved" crowd of 40,000.

"We couldn't be happier with the way the festival ended," said Const. Lea-Anne Dunlop. "A visible police presence and a well-behaved crowd ensured that there were few incidents."

But festival-goers heading home caused heavy traffic on the Sea-to-Sky corridor yesterday. METRO VANCOUVER

metronews.ca
What's online today.

Read a new column on intelligent investing by Allan Small, FMA
Watch video of nationwide protests against Air Canada's recent cuts
Check MetroTube of the Day for a look at the wackier side of ComiCon
Play online Sudoku!

JEFF HODSON/METRO VANCOUVER

U.S. consular chief Alice Seddon, centre, answers questions at the U.S. Consulate in Vancouver.

U.S. expats stuck?

Only half have proper border I.D.: Official

JEFF HODSON
jeff.hodson@metronews.ca

Only half of the 84,000 U.S. citizens living in B.C. have the proper documentation that will allow them to travel into the U.S. when new cross-border travel requirements take effect in 2009, a U.S. consular chief in Vancouver said yesterday.

Enhanced I.D.

- Only 520 enhanced licences have been issued in B.C.

Alice Seddon urged U.S. citizens, or people with dual citizenship, to get their documentation in order as there will be no grace period after the June 1 deadline.

"The advice is don't wait … if you think you'll be travelling to the States at any point," said Seddon, at a videoconference to review the pending land-and-sea entry rules under the U.S.'s Western Hemisphere Travel Initiative. "Something can always come up."

Americans and Canadians must show a passport, Nexus card, or enhanced driver's licence at border crossings. U.S. citizens can also use a new passport card.

Student hopes 30,000 will donate $3 for Oxford tuition

INTERNET Brendan Baker wants your money, but only three bucks and it'll go to a good cause.

Baker

The 28-year-old Vancouver man has started an Internet campaign asking for $3 from 30,000 Canadians to raise the $90,000 needed to cover his tuition at the University of Oxford in England.

"I was throwing a Frisbee around in the park with a friend and the idea just came about: Why not try to get a very small amount of money from a very large amount of people?" said Baker, currently getting his masters in engineering for sustainable development at the University of Cambridge. "I thought about that and tossed the idea to my friend, with the Frisbee, which is an analogy I didn't mean to make."

He started 3bucksforbrendan.com a few weeks ago and has raised $9,265, enough to cover the tuition deposit due Thursday. It is then he will determine if he has enough to go. If he has raised more than roughly $50,000, he will try to cover the rest. If not, the money will go to charity.

Baker is hoping to do an MBA in Social Entrepreneurship at Oxford.

ANDREA WOO/FOR METRO VANCOUVER

Share your thoughts »
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News in brief

DROWNING A Pemberton woman drowned yesterday morning after she went missing near Nairn Falls. The 39-year-old was swimming with a man, who swam to shore to get help after she disappeared.

KENYA The Vernon missionaries who were beaten and raped in Kenya were expected to arrive in Calgary last night. John and Eloise Bergen will be living with their son in Alberta.

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1,000 designer frames stolen
About 1,000 pairs of designer frames were stolen from a White Rock optician. According to the RCMP, thieves entered Precision Optical by removing a glass panel from the front door. NEWS1130.COM

Pet support available: SPCA

Services for homeless people with animals include vet clinics, food bank

ANDREA WOO
for Metro Vancouver

After the seizure of a Surrey homeless man's dog, the B.C. SPCA is saying that homeless people who need help caring for their pets have support.

Spokeswoman Corry Anderson-Fennell said that caring for a pet can be expensive.

"We estimate the approximate cost of keeping and caring for a dog or cat (to be) between $800 and $1,000 a year, and this does not include emergency veterinary medical treatment," she said. "This is simply the cost of food, licensing and annual vaccinations."

"We estimate the approximate cost of keeping and caring for a dog or cat (to be) between $800 and $1,000 a year."
Corry Anderson-Fennell, SPCA spokeswoman

She added, however, that there are various organizations from which the homeless can receive assistance, such as the SPCA-operated Charlie's Food Bank, a free weekly food bank for pets on the Downtown Eastside, located at Mission Possible (543 Powell St.).

There is also a free monthly vet clinic there, and a "hardship fund" at the SPCA hospital for people who can receive assistance with veterinary care. Anderson-Fennell said that they see many of the same clients on a regular basis.

Ed Chase's German Shepard Ray was seized July 3 after biting a man and the city has filed an application to have him destroyed. Chase appears in court Thursday.

The Surrey SPCA said it seized Chase's dog after it was observed not wearing a muzzle — a requirement for dangerous dogs according to city bylaws.

Costly Aboriginal treaty talks solving little: Report

JOYCE YIP
for Metro Vancouver

FRASER INSTITUTE The B.C. government has spent more than $1 billion negotiating modern-day treaties with its Aboriginals with little to show for it, according to a report released yesterday by the Vancouver-based Fraser Institute.

After 15 years at a cost of about $1.1 billion, B.C. has only passed or initiated eight treaties with its Aboriginals, said Mark Milke, the author of Illiberal, and Expensive: A Review of 15 Years of Treaty Negotiations in British Columbia and Proposals for Reform.

"The results have been few and far between even with the $1 billion," he said. "I think British Columbians would like to see some finalities in these agreements."

While some of the agreements brought progress — like increased flexibility in Aboriginal land claims and income tax — some of the negotiations aim to separate privileges of native and non-native communities.

"It's out of place in the 21st century to be negotiating concrete walls between ethnicities,"

Milke said. "One of the problems with putting up walls between people is that it emphasizes the differences between aboriginal and non-aboriginal people, and it leads to misunderstandings."

News in brief

HANDGUNS Two loaded handguns were seized at an alleged UN gang gathering in Abbotsford. Police arrived at a private function on Friday night and arrested several people.

POSTPONEMENT Paving work that was originally planned for the Pattullo Bridge in July and August has been postponed until next spring. The companies involved in the paving are tied up in other road-building projects.

METRO NEWS SERVICES

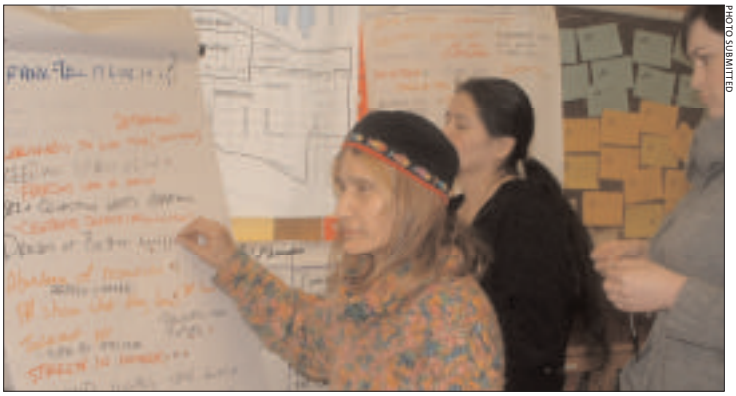

PHOTO SUBMITTED

A Downtown Eastside resident takes part in a "visioning" session at the Carnegie Learning Centre.

Downtown Eastsiders want to stay

JOYCE YIP
for Metro Vancouver

RESIDENTS Ninety-five per cent of Downtown Eastside residents would like to continue living in the area if they had safe, secure housing, according to a survey released yesterday.

"Nothing About Us Without Us," is an interim report by the Carnegie Community Action Project that suggests current residents should have a say on how the area is developed. It includes interviews with 655 people who live in hotel rooms, social housing or are homeless.

Wendy Pedersen, one of the report's authors, said the Downtown Eastside is a comforting home for the low-income community.

"The area is not the hell hole that everybody thinks it is," she said. "People want to be here because of the community. Their friends are here … they find a lot of hope and solid connections here, and that's the springboard to changing their lives."

Two-thirds of respondents also said they don't want condos dominating the neighbourhood and are afraid that poor bashing will increase if this happens.

"City plans like rezoning for greater density is really disrespectful and unfair," Pedersen said.

survey

- Eighty-six per cent of survey respondents said welfare rates should be raised to about $1,300 a month.

Local named greenest in Canada

CONTEST A Vancouver woman has been chosen as the greenest person in Canada, according to a local online competition yesterday, and will vie with four other people for the title of greenest person on the planet.

Emily Jubenvill rides her bike everywhere and lives, with a roommate, in a one-bedroom apartment. She also grows 12 different kinds of fruits and vegetables, including artichokes and broccoli, in containers within her apartment.

Jubenvill, who works for a North Vancouver bioenergy company, has already been chosen the greenest in Vancouver and will take on four people from Venezuela, Malaysia, U.S. and China for the world's greenest. More than 600 people entered the contest online at 3rdwhale.com.

The winner will have a pod of belugas adopted in their name.

JEFF HODSON/METRO VANCOUVER

contest

- The contest, started earlier this year by Simon Fraser University business professor Boyd Cohen, hopes to identify the "greenest" person on the planet.

Teen charged in weekend shooting

ARREST A 17-year-old Abbotsford youth has been arrested in a weekend shooting that left a second teen in hospital in critical condition, police said yesterday.

At 10 p.m. Saturday, police discovered a teenager who had been injured by a gunshot. He was airlifted to hospital and remains in critical condition.

JEFF HODSON/
METRO VANCOUVER

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Funeral for slain soldier in Winnipeg
The private funeral for Canadian Forces Cpl. James Arnal, killed July 18 while serving in Afghanistan, took place yesterday afternoon in Winnipeg and was attended by hundreds. Arnal was killed by a roadside bomb while on foot patrol in Kandahar. SOURCE: CBC NEWS ONLINE

Canada

"Right now I'm not even sure what it was"
Helen Pahpasay speaking about seeing what she describes as a dark creature that walked upright and stood nearly eight feet tall.

Sighting

Two Ontario women say they saw what might have been the legendary sasquatch in northwestern Ontario last week. The pair took a plaster cast of giant footprint for analysis.

Shooting of 2 Afghan kids sparks probe

Canada will investigate why its troops opened fire on a car in southern Afghanistan, killing two small children, Defence Minister Peter MacKay said yesterday.

He noted, however, that earlier probes into similar civilian deaths had always absolved the soldiers involved.

Military officials say a two-year-old boy and his four-year-old sister died when the troops blasted a car approaching their convoy in Kandahar province Sunday.

They said the driver had ignored several warnings to stop.

MacKay said Canadian soldiers were working in "tough, trying and intense circumstances" and often had to deal with attacks from Taliban militants hiding among civilians.

"When these tragic circumstances arise, we always take the important time to investigate what took place. There are rules of engagement followed by Canadian, followed by NATO soldiers," he told reporters in Ottawa.

"In each circumstance where this type of very unfortunate tragedy occurs, Canadians have been found to have followed those rules of engagement," he said.

Canada has 2,500 soldiers based in Kandahar.

REUTERS

more troops going to Afghanistan

Speaking earlier in the day, MacKay said Canada would send an extra 200 troops to Afghanistan to maintain and operate unmanned aerial surveillance vehicles and helicopters.

Green groups press Ontario to call for caps

EMISSIONS Ontario should use its new membership in the Western Climate Initiative to push for stringent caps on greenhouse gas emissions, environmental groups say.

The members of the cross-border initiative — four provinces and seven states — meet today in San Diego to discuss the proposed greenhouse gas cap-and-trade system.

Cherise Burda

"It is not as strong as we hoped it would be," Pembina Institute's Cherise Burda said of the draft plan released last week.

The system involves establishing a cap-and-trade market where greenhouse gas emitters who can't meet their cap targets buy emission credits from those below the bar. The intent is to encourage efficiency and conservation by rewarding industries that get below the cap and adding costs to high polluters. A competitive polluter-pay principle is a good one, but caps are too high and the timeline too long, say WWF-Canada, the David Suzuki Foundation and Pembina.

TORSTAR NEWS SERVICE

News in brief

DION Conservatives questioned Stéphane Dion's ability to handle the country's finances after Elections Canada released repayment schedules for $1.48 million in candidate loans from the 2006 Grit leadership campaign. Dion was one of nine candidates who had not finalized his payments.

METRO NEWS SERVICES

Calgary River-boarding

ROBIN KUNISKI/METRO CANADA

Not letting a little overcast get him down, Mark Praud catches some waves on the Bow River, in Calgary yesterday. Praud has been river-boarding on the city's river for three years.

Mexican children learning faster than Canadians: Study

EDUCATION Mexican children in poorer areas of Monterrey are further ahead in kindergarten than the average Canadian kid, says new research led by renowned expert Dr. Fraser Mustard.

Federal authorities in 1990 implemented a system of programs called CENDI (the Spanish acronym for Centres for Early Childhood Development) in Monterrey — an industrial city roughly the size of Toronto — that provided community supports to low-income households from the time of pregnancy through to the child's arrival in preschool.

A new study shows Canadian kids trail Mexican children in early development.

The programs are similar to what Mustard has long been advocating for in this country, as research has confirmed how vital early development is to a child's growth into adulthood.

TORSTAR NEWS SERVICE

Tories shell out for census, military ads

MILITARY Persuading Canadians to join the military and fill out their census forms contributed to a big spike in advertising costs for the federal government last year.

A new report reveals that Ottawa's spending on advertising more than doubled in 2006-2007, the first year the Conservatives were in power.

17.6
The amount in millions of dollars the defence department spent on its campaign to recruit more soldiers.

The report by Public Works, titled "Engaging and Informing Canadians," says federal departments spent $86.9 million on radio, TV and print ads during that period, up from $41.3 million in 2005-06 when a moratorium on new spending was in effect. The report, to be released this week, cites the defence department's aggressive effort to add thousands of new soldiers as one of the biggest spenders

TORSTAR NEWS SERVICE

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No purchase necessary. Contest is open to readers 18 years or older. One entry per person. Contest closes Friday, August 1, 2008. Odds of winning depend on the number of entries received. For full contest rules and details, visit www.metronews.ca.

Libyan police make large drug bust

Libyan police have seized 50 kg of heroin, the second largest seizure of such drugs in Africa, Libya's Interior Ministry said yesterday. The heroin was discovered in the southern desert town of Wahat, known for its oasis palm groves. REUTERS

World/Business

No full peace deal this year: Olmert

ISRAEL Prime Minister Ehud Olmert told Israeli parliament yesterday a full Israeli-Palestinian peace accord that includes Jerusalem was not within reach this year, but said differences over borders and refugees were bridgeable.

U.S. President George W. Bush had urged both sides to sign a "peace treaty" before he leaves office in January, without offering details about what that deal should entail.

But Olmert, in remarks released by parliament after a closed-door hearing, said Jerusalem was too contentious an issue to be resolved this year.

Bush signs off on military execution

U.S. President George W. Bush yesterday approved the death sentence of an Army private convicted of murder and rape in 1988, becoming the first U.S. president to approve a military execution in 51 years.

Bush signed a request by the military that Ronald Gray be put to death following his court-martial conviction 20 years ago on multiple charges of murder and rape.

Indian bombings spark criticism

INTELLIGENCE Indian Prime Minister Manmohan Singh yesterday visited victims of bombings that killed 45 in a communally sensitive city, as calls grew for his government to beef up its intelligence apparatus.

The 16 bombings in western Ahmedabad on Saturday came a day after blasts in the IT hub of Bangalore in which one woman died, sparking criticism that authorities were lax in probing militant groups. REUTERS

REUTERS/OSMAN ORSAL

Relatives of a victim of the bomb blasts cry during the funeral ceremony in Istanbul yesterday. The death toll in two bomb blasts in Istanbul rose to 17 yesterday in an attack that sharply increased tension as Turkey's top court began deliberating on whether to ban the governing party.

Ruling Turkish party may be shut down

Court looks at AK Party after bomb attacks

Turkey's highest court began considering yesterday whether to shut down the governing AK Party for Islamist activities against a background of tension following two bomb attacks in Istanbul over the weekend.

The blasts killed 17 people and wounded more than 150 on Sunday, hours before the Constitutional Court was set to look at the case. Five of the dead were children, Istanbul Governor Muammer Guler said.

"We have been fighting terror for 30 to 35 years. This fight will continue until we win it," Prime Minister Tayyip Erdogan told residents at the site of the blasts in a working-class neighbourhood on the European side of Istanbul.

"Today is a day for unity," Erdogan said.

In the emotionally charged aftermath of the bombings, the Constitutional Court began examining whether the AK Party had engaged in Islamist activities and should be closed. The party denies the charges and a ruling is expected in early August. REUTERS

Power struggle

- The court case is linked to a long-running power struggle between Turkey's secularist establishment and the Islamist-rooted AK Party, which are at odds over the direction of the officially secular, but predominantly Muslim country.

Karadzic to be smuggled out of Serbia

WAR CRIMES The transfer of Radovan Karadzic to the war crimes tribunal in the Hague will be carried out covertly to avoid media attention and planned protests by nationalist supporters of the former Bosnian Serb leader.

Karadzic, who faces charges of genocide during the 1992-1995 Bosnian war, was arrested last week in Serbia after 11 years on the run. He is now being held in a Belgrade prison awaiting extradition.

Security service sources say there are dozens of options for moving him unobtrusively, involving disguised vehicles, secret exits, dawn transfers and decoy motorcades to fool the television crews staking out the prison, court and airport. REUTERS

Arrest protested

- Hundreds of people gathered to pray for Radovan Karadzic across the Serb half of Bosnia on Saturday, holding vigils inside churches or marching in protest of his arrest for war crimes.

News in brief

HUMAN RIGHTS The UN General Assembly yesterday unanimously confirmed South African judge Navanethem Pillay as the world body's new human rights chief, and activists urged her to be tough in her post. Pillay will succeed outspoken Canadian Louise Arbour.

SPACE Richard Branson yesterday unveiled the WhiteKnightTwo, the plane intended to be the launch aircraft for a Virgin Galactic spaceship full of paying passengers. Virgin Galactic hopes to send its first paying customers into space for $200,000 each within two years.

PAKISTAN A suspected U.S. missile strike on a Pakistani madrasa near the Afghan border killed six people yesterday, possibly including Abu Khabab al-Masri, an al Qaeda chemical and biological weapons expert, Pakistani security officials said.

EXTRADITION A Thai court postponed a hearing yesterday to extradite suspected Russian arms dealer Viktor Bout, known as the "Merchant of Death" to the United States because his lawyer was absent, a prosecutor said. REUTERS

Business

BCE slashes 2,500 jobs in bid to save $300M

COSTS BCE Inc. said yesterday it will slash 2,500 management jobs at its main Bell Canada phone unit to clamp down on costs as it gets ready to go private in the world's biggest leveraged buyout later this year.

The cuts amount to about 15 per cent of Bell Canada management. They include a 30 per cent reduction in executive jobs announced earlier this month.

The cuts, combined with other reductions the company made earlier this year, are expected to generate annualized savings of about $300 million.

"It was just a top-heavy structure and I think this kind of puts it more in line with what it should be in order to work more efficiently," said Troy Crandall, an analyst at MacDougall, MacDougall & MacTier. REUTERS

Going private

- Montreal-based BCE is being taken private in a $34.8 billion buyout led by the Ontario Teachers Pension Plan and a group of U.S. private-equity firms.

Canada seen as more tax-friendly

BUSINESS Canada's tax system is more business-friendly than the tax regimes in many other countries, including the United States, despite a long-held reputation to the contrary, says a KPMG report.

Canada has the third-lowest business tax costs among 10 countries, trailing Mexico and Netherlands, but beating out the United States and Britain. REUTERS

In brief

GM PLANT The Canadian Auto Workers have reached a deal with General Motors that will keep the Oshawa truck plant open for the life of the union's contract, incentive packages and two new vehicles for the adjacent car plant.

WTO TALKS A clash between the United States and China and India over cutting farm and industrial tariffs threatened to derail more than a week of work to salvage a world trade deal yesterday. REUTERS

Ex-Googlers unveil Cuil

SEARCH Cuil Inc., a start-up by former Google engineers, is offering a new search service at cuil.com that aims to outdo the Internet search leader.

The would-be Google rival says its service goes beyond prevailing search techniques that focus on web links and audience traffic patterns and instead analyzes the context of each page and the concepts behind each user search request. REUTERS

METRO Vancouver

1190 Homer Street, Suite 250
Vancouver, BC V6B 2X6
Tel: 604-602-1002
Fax: 1-866-254-6504
Advertising: 604-602-1002
adinfovancouver@metronews.ca
Editorial:
vancouverletters@metronews.ca
Distribution inquiries:
vancouver_distribution@metronews.ca

metro_inquiries@metronews.ca

Local:
Publisher, Maryse Lalonde
Managing Editor, Fernando Carneiro
fernando.carneiro@metronews.ca
Distribution Supervisor, George Acimovic
Marketing Manager, Olga Edwards
National:
Group Publisher, Bill McDonald
Editor-in-Chief, Dianne Rinehart
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EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

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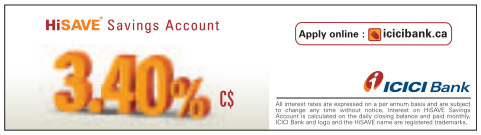

SmartCookies

www.smartcookies.com

First off, make a list of the reasons why you deserve a raise: Letting your boss know how you have increased the company's bottom line is probably the most effective approach.

If you are reading this article at work, you might want to shield it from the boss. This week, it's all about getting paid what you're worth.

Now, we realize that it can be tough sometimes to approach your employer to ask for a raise. But, if you know what to say, how to say it and when to say it, then you have a far better chance of walking out of the office pumping your fist (discreetly, of course!), as opposed to hanging your head and playing out dramatic scenarios of how you would quit.

First off, make a list of the reasons why you deserve a raise. These reasons have to be based on facts and not based on emotions.

Letting your boss know how you have increased the company's bottom line is far more effective than explaining that you really want to buy a house so you will need to make more money. Think about ways you have gone above and beyond your responsibilities. Have you received any positive feedback from others that you can reiterate to your boss, how have you demonstrated commitment to the company and why would they not want to lose you?

Then, take a minute to figure out what exactly you want the outcome to be. You should be open to negotiating but you should also have a clear idea as to what it is you are looking for.

Are you looking for a percentage wage increase or a specific amount? Or maybe you would be happy with a week or two extra vacation in lieu of a raise or a flat out fee? Whatever it is, be clear and realistic.

"You could also do a little research online to see what other companies similar to yours are offering potential employees with a similar responsibility list."

We suggest approaching colleagues that you feel comfortable with and asking them what they are making (it worked for one of us). You could also do a little research online to see what other companies similar to yours are offering potential employees with a similar responsibility list.

Then schedule a time to sit down with your employer. When you are finally face-to-face, take out that trusty piece of paper (it's ok to bring with you!) and present the facts. Keep a cool head and be confident, after all — you deserve it!

Be open to negotiating and if your boss needs to take some time to think about it, set another time to meet before leaving the office. And if you don't get exactly what you were looking for, ask what you can do to ensure that you will get there in the very near future. Then send us an e-mail to *smartcookies@metronews.ca* to let us know how you did!

Tune in Wednesday at 9 p.m. EST/PST on the W Network and be sure to visit *smartcookies.com* for more tips.

Banking on son's education

MoneyMatters

Q My wife and I decided to invest the cost of university tuition on behalf of my son for his future. Our financial planner estimates that within 20 years, we could accumulate more than $300,000 that my son would inherit. Do you agree with this course of action?

-JOHN AND AMY

A Any child would be ecstatic to receive that amount of cash from their parents. The gift or inheritance will not be taxed in your son's hands, however you may be subject to tax at your marginal rate. Capital assets, such as stocks, real estate, mutual funds, etc., are deemed sold at fair market value when the title changes hands or when you pass away.

Investing for the future does not necessarily mean savings. Consider the cost of education as an investment and not money lost. Some parents would prefer to gift the value of education today and have their child reap the benefits in the future.

A typical Canadian university could cost between $30,000 to $70,000 (if your child studies away from home) for a four-year undergraduate degree. Some post-graduate degrees will cost considerably more. Check into scholarships or student loans. A tuition credit can be claimed by students or partially transferred to a parent for tax purposes.

Aside from the monetary aspect, think about the emotional and intellectual value your child may either gain or be deprived. Money matters, but so do people.

Henry Choo Chong, CGA, provides accounting and taxation solutions. E-mail Money Matters: *choochonghcga@yahoo.ca.*

On the web

Columnist:

- Allan Small, FMA, explores what you can do to take advantage of oil prices in his column Investment Perspective, available online at *metronews.ca*.

Are You a Metro Adventure Seeker?
Tell us about your craziest adventure of all time and you could win a fun filled weekend at Sun Peaks Resort! We'll set you up with a two-night stay at the Coast Sundance Lodge, hiking and biking passes, plus kayak and mountain bike rentals. Enter to win at metronews.ca
Photo by: Adam Stein
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MLB

Starting pitcher Scott Richmond, a native of Vancouver, will be on the mound tomorrow for the Toronto Blue Jays, as he was called up from the Syracuse Chiefs yesterday. Richmond has an ERA of 2.53 in 32 innings pitched this season. METRO NEWS SERVICES

Sports

Posada done for season

New York Yankees catcher Jorge Posada, left, will undergo season-ending surgery on his right shoulder. Yankees general manager Brian Cashman said he met yesterday with Posada, who was in "100 per cent agreement" to the surgery. A five-time all-star, Posada is expected to need about six months to recover from surgery. Metro News Services

Sundin closes in on deadline

Almost four months after the season ended, we should find out this week whether Mats Sundin will continue his NHL career.

Where he plays — if the 37-year-old indeed decides to return — might take a little longer; wouldn't want to rush things after all.

Sundin

"Hopefully, we'll know whether he's going to play or not. It might take a little longer to figure out the team situation," Sundin's agent, J.P. Barry, said.

"I'm just waiting for him to say for sure that he wants to play. That's still step one."

Barry and Sundin have arrived at what the agent called a "soft deadline" of Friday to make that first key decision. Barry said Sundin will need the time after that to physically prepare for training camp if he does not retire.

TORSTAR NEWS SERVICE

SCOREBOARD

MLB

YESTERDAY'S RESULTS

AMERICAN LEAGUE
Toronto 3 Tampa Bay 1
Baltimore 13 N.Y. Yankees 4
Cleveland 5 Detroit 0
L.A. Angels 7 Boston 5
Minnesota 7 Chicago White Sox 0
Seattle 7 Texas 5
Kansas City 4 Oakland 2

NATIONAL LEAGUE
Florida 7 N.Y. Mets 3
Houston 5 Cincinnati 4
Pittsburgh 8 Colorado 4
St. Louis 12 Atlanta 3
Chicago Cubs 6 Milwaukee 4
San Diego 8 Arizona 5
San Francisco 7 L.A. Dodgers 6

CFL

WEEK 6
THURSDAY'S GAMES
Hamilton at Montreal, 4
B.C. at Edmonton, 7
FRIDAY'S GAME
Winnipeg at Toronto, 4
SATURDAY'S GAME
Saskatchewan at Calgary, 5

SOCCER

GAMES FEATURING THE VANCOUVER WHITECAPS MEN'S TEAM:
TOMORROW'S GAME
VANCOUVER at Miami, 4:30

BASEBALL

NORTHWEST LEAGUE GAMES FEATURING THE VANCOUVER CANADIANS:
LAST NIGHT'S RESULT
VANCOUVER at Tri-City
TODAY'S GAME
VANCOUVER at Tri-City, 11:15

Godfrey may be ready to bolt Jays

Team president may not seek contract extension after season ends

YorkReport

Marty York
marty.york@metronews.ca

Paul Godfrey's contract as president of the Blue Jays expires after this season and he isn't sure whether he'd like to remain in charge of the frustrated franchise.

"It'll probably be up to me," Godfrey told me in an interview yesterday, "but I haven't made up my mind if I want to keep doing this. I'm undecided."

It's been a turbulent season for Canada's MLB club, never having truly challenged in the AL East. Future Hall of Famer Frank Thomas and manager John Gibbons were both unloaded in controversial moves and general manager J.P. Ricciardi and his front-office crew almost certainly will be dumped sooner or later.

If Godfrey isn't back, sources suggest Jays owner Ted Rogers and his aides will pursue either Paul Beeston or John Tory as his replacement. Beeston, a former president of the Jays, is retired. Tory, a former commissioner of the CFL, is the leader of Ontario's Progressive Conservative party.

• Godfrey, incidentally, told me he has been inundated by letters from Canadian fans urging him to ask MLB to move his team to another division so that it can stand a fighting chance against less affluent opponents than the New York Yankees and Boston Red Sox.

"Won't happen," Godfrey said. "It would mean (MLB) would have to get another team to agree to move into our division — and who's going to want that?"

• The Yanks, naturally, keep spending and, after recently acquiring Richie Sexson and Xavier Nady, soon will obtain Jarrod Washburn and perhaps — brace yourself — Barry Bonds … From troublechild Manny Ramirez, who wants out of Boston: "I can play in Iraq if need be." … Pittsburgh management agreed to trade B.C. native Jason Bay to the Atlanta Braves on the weekend for four prospects, but Pirates ownership vetoed the deal in the last instant … Another B.C. guy, Rich Harden, is a mind-boggling 0-1 since being dealt to the Chicago Cubs, even though he has 30 strikeouts and a puny 1.04 earned-run average in three starts and 17⅓ innings.

• Don't look now, but all four Western teams in the CFL are above .500 while all four Eastern squads are below .500 … The Saskatchewan Roughriders are a perfect 5-0, but six-point underdogs for their Saturday game against the 3-2 Stampeders in Calgary … The Hamilton Tiger-Cats, who are about to supplant Casey Printers (the CFL's highest-paid player at about $450,000 a year) with backup quarterback Richie Williams, are 10-point underdogs to the Alouettes for their Thursday game in Montreal … And from TSN's Glen Suitor, after the Riders' Gene Makowsky was penalized Sunday for a chop block: "That's frowned upon. It's one of those unwritten rules." Um, well, no, Glen, it's actually written — rule seven, section two, article seven. Thus, the penalty.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

Top players set to battle for No. 1 ranking

TENNIS The Rogers Cup in Montreal could end on Sunday with a shake-up at the top of the women's world rankings with just 88 points separating No. 1 Ana Ivanovic from her Serbian compatriot Jelena Jankovic.

Russian Maria Sharapova, the former world No. 1, also sits only 202 points back and is ready to pounce if both Serbs falter.

Play was slow to get underway yesterday with rain causing five suspensions, but action is sure to heat up later in the week when the top eight seeds enter the fray after first-round byes.

Jankovic, working her way back to full fitness from a knee injury, had an opportunity to nudge Ivanovic out of top spot last week by taking the title in Los Angeles, but she lost in the semi-finals to Dinara Safina.

She will get a second chance this week on the Canadian hard courts and is confident her time at top will come.

"I am motivated," Jankovic told reporters yesterday. "Hopefully, my time will come.

"If it's meant to happen, it will happen. If you deserve it, you will get it.

"If you work hard, that hard work will pay off sooner or later. I want to become No. 1 and I want to win a grand slam. Those are my goals."

Jankovic will be counting on Ivanovic being a little rusty as she plays her first event since a third-round exit at Wimbledon.

But the French Open champion will be returning to a place that holds good memories having won the Canadian title two years ago in Montreal. REUTERS

ELSA/GETTY IMAGES

No. 9 seed Patty Schnyder of Switzerland was able to get past the wet weather that slowed down action on Day 1 of the Rogers Cup in Montreal yesterday. Schnyder advanced to the second round when China's Meng Yuan retired with an injury in the second set while down 7-6 (6), 3-2.

Selected first round results

- Tamarine Tanasugarn (Thailand) beat Olivia Sanchez (France) 6-3, 6-1
- No. 9 Patty Schnyder (Switzerland) beat Yuan Meng (China) 7-6 (6), 3-2 (retired)
- Tamira Paszek (Austria) beat No. 14 Francesca Schiavone (Italy) 7-6(4), 1-6, 6-1
- Michelle Larcher de Brito (Portugal) beat Vania King (U.S.) 2-6, 6-3, 6-3
- Virginie Razzano (France) beat Aravane Rezai (France) 6-1, 6-2
- No. 10 Marion Bartoli (France) beat Melanie South (Britain) 6-3, 6-7(5) 6-0
- Dominika Cibulkova (Slovakia) beat Elena Vesnina (Russia) 6-1, 6-1

Nuggets acquire forward Balkman

NBA The New York Knicks acquired guard Taurean Green, forward Bobby Jones, and a second-round draft choice in 2010 from Denver yesterday, in exchange for forward Renaldo Balkman and cash considerations. Balkman averaged 3.4 points and 3.3 rebounds in 65 games for the Knicks last season.

Lynch won't be disciplined by NFL

NFL Buffalo Bills running back Marshawn Lynch will not be disciplined by the NFL for pleading guilty in a hit-and-run case that injured a Canadian woman.

League commissioner Roger Goodell spoke at Bills training camp yesterday and said that because Lynch's case was reduced to a traffic violation, he was not in violation of the NFL's personal conduct policy. METRO NEWS SERVICES

Sports in brief

NHL The Florida Panthers agreed to terms on a one-year contract with restricted free-agent defenceman Jay Bouwmeester yesterday. The 24-year-old registered 15 goals and 37 points in 82 games for Florida a season ago. He ranked first in average time on ice amongst all NHL players.

METRO NEWS SERVICES

Business
Beijing is not taking new measures to restrict business visas ahead of the Games, state media said yesterday. REUTERS

Beijing Games

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

GUANG NIU/GETTY IMAGES

A cyclist rides through Beijing's Forbidden City shrouded with smog. Beijing's poor air quality could be a major challenge for Olympic athletes at next month's Games.

Beijing full of challenges

Pollution, tainted food among issues facing athletes at Summer Games

SHERISSE PHAM
for Metro Canada

An elite international sporting event inevitably comes with host city baggage. Beijing is no exception — the Chinese capital has been criticized for everything from human rights practices to unsafe food.

For coaches and athletes travelling to the city for the upcoming Summer Olympics, dealing with issues that could negatively impact an athlete's Olympic experience remains an ongoing challenge.

"There are three big issues here — the heat, the pollution and the food," said Derek Evely, an athletics coach who co-trains Olympic athletes like defending 400-metre indoor champion Tyler Christopher and relay athletes Emmanuel Parris and Pierre Browne.

There is not much the city can do for thermometer readings — Beijing's average maximum temperature for August is about 30°C — but measures are in place to address their reputation for perennially grey skies. The city ordered neighbouring smog-producing plants to cease operation or drastically reduce emissions and took roughly half of all private vehicles off the roads this past Sunday, regulating numbers via odd- and even-numbered license plates.

But Megan Metcalfe, a track and field athlete and member of Canada's 2008 Olympic Team, viewed the pollution as a secondary problem. "Our team doctor has told us that there is nothing to panic (about), the pollution is only an irritant and should not have an effect on performance," she said. "I am more concerned about competing in the heat and humidity."

Most Canadian athletes competing in outdoor events will acclimatize to Beijing during a 2 to 3 week training camp in Singapore. To help combat the heat whilst in the host city, Evely and his colleagues are dishing out advice that sounds similar to suggestions a recuperating invalid might receive: Stay off your feet and stay indoors.

The food issue is trickier. Questionable local food made headlines last month when Chinese Olympian Ouyang Kunpeng told domestic media he accidently ingested the banned substance clenbuterol, a bodybuilding aid, after eating tainted meat at a barbecue. He was banned from competition for life.

Susie Langley, a dietician and Ontario representative of the Canadian Sport Centre, believes Canadian athletes will stay away from local meat entirely. "No athlete wants to train this hard to get to Beijing and then jeopardize testing positive from eating local food that might be tainted with steroids."

Langley works with swimmer Martyn Forde and sailing team members Gordon Cooke and Oskar Johanssen, all part of Canada's Olympic team. She advises athletes to avoid street vendors and anything that cannot be peeled or vegetables that may have been washed with contaminated water.

Despite the overwhelming concerns and even official travel warnings against China (Foreign Affairs and International Trade Canada advises Canadians to avoid non-essential travel to the country), expatriates in Beijing have their own opinions about the city's offerings.

Incoming athletes should "be prepared to be awed," said Toronto-born Richard Liu.

Liu heads the Canadians in China network and was recently appointed team attaché for the Canadian Paralympic Committee. While he admits the pollution is a pain and warns against accidentally buying fake bottled water from street hawkers, he prefers to steer visitors towards positive aspects.

"Don't miss out on the newly renovated Forbidden City, the Summer Palace and of course the Great Wall," he says, his enthusiasm rivaling that of a seasoned tour guide's. "(And) the food is so amazing today. There is even obesity among the local Chinese population!"

Dylan Budd, a lawyer who has lived in Greater China intermittently since 1999 was more outspoken on the smog.

"I definitely think pollution's the worst part about being here," he said. But like Liu, he is partial to the city's cuisine and hopes visiting athletes will "try some real Chinese food."

Budd sports a tall frame and sandy brown hair. For those travelling to Beijing who will stick out in a similar manner, he advocates tolerance.

"People yelling "hello" at you, asking to take their picture with you, staring, or commenting on the sharpness of your nose — they don't mean any harm by it," he said good naturedly.

Evely, the coach, believes local curiosity will not bother all the athletes.

"A 340-pound white guy walking around — he sticks out," he said, referring to a shot put athlete who will be travelling to Beijing in a few weeks. "He's a bit of a freak show in Canada too."

Smoggy city

- Haze-shrouded Beijing may take more cars off the roads and shut more factories if air quality remains a problem during the Olympic Games, state media said yesterday.
- The pollution has proved hard to shift days before athletes and visitors arrive, despite the implementation of two months of even-odd car ban and temporary factory closures. REUTERS

Injured Hamm to miss Games

GYMNASTICS Olympic all-around champion Paul Hamm, winner of one of the most controversial golds in 2004, withdrew from the Beijing Games yesterday due to injury.

Hamm

Hamm was recovering from a broken bone in his right hand sustained in competition on May 22.

Italian champion fails doping test

CYCLING World road race champion Marta Bastianelli has failed a dope test, the Italian cycling federation said yesterday.

Bastianelli was due to take part at the Beijing Olympics but a spokesman for the Italian Olympic Committee said her participation was now unlikely. The Games start on Aug. 8.

Bastianelli tested positive on July 5 at the European under-23 championship in Italy. REUTERS

Sports in brief

SOCCER Barcelona striker Samuel Eto'o will not join the Cameroon soccer squad for the Beijing Olympics, official daily Cameroon Tribune reported. Coach Ndtougou Mpile had hoped to name the three-time African Player of the Year Eto'o, but he is not available.

SOCCER Barcelona will appeal to the Court of Arbitration for Sport if FIFA tells them to release Argentine forward Lionel Messi for the Olympic Games, club president Joan Laporta said yesterday.

ATHLETICS Sprinter Katerina Thanou was named yesterday in the Greek team for the Beijing Olympics. Thanou still faces a disciplinary review by the International Olympic Committee to examine her eligibility for the Games. REUTERS

Tomorrow's lineup

IS IT WORTH IT? Only nine of 267 Canadian athletes at the 2004 Games won medals. Was it worth the effort for those who didn't? Read tomorrow's Metro for more.

9 days remain until the official start of the 2008 Summer Olympic Games in Beijing.

Healthy Eats

Reduce your sodium intake and avoid putting your health at risk. Eat fewer processed foods, buy sodium-reduced versions of common products, and cook at home rather than eat at restaurants. ALIVE MAGAZINE

Health

Green tea beauty

Green tea is best known as a healthy drink, but did you know it also has positive benefits when applied directly to skin? Green tea has been observed to clear blemishes and other skin problems such as rashes. The leaves in green tea also act as an excellent exfoliant for the skin. Concentrated green tea extract can be applied directly to soothe, soften and cool. ALIVE MAGAZINE

HEALTH EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Write to shed pounds

Keeping track of intake can double weight loss: Study

It won't burn many calories on its own, but if you're looking to lose weight, the most important exercise you can do is to pick up a pen and write.

Dieters can increase their weight loss twofold by simply keeping a daily diary of what they eat, a large new U.S. study says.

"The more food records you keep, the more weight you lose," says psychologist Victor Stevens, senior investigator with the Kaiser Permanente Centre for Health Research in Portland, Ore. and a study co-author. "And the good news is that's a technique that anyone can use."

The study will be published in the August edition of the American Journal of Preventive Medicine. The 20-week study was part of a three-year research program that involved some 1,700 overweight people who were placed on fruit- and vegetable-rich diets.

It showed that people who kept no daily food records lost an average of four kilograms, while those who kept six or more per week lost an average of eight kilograms.

Stevens says a diary makes it plain to dieters where it would be easiest to cut out calories. "You would think people would know ... where the extra calories are coming from, but they don't," Stevens says.

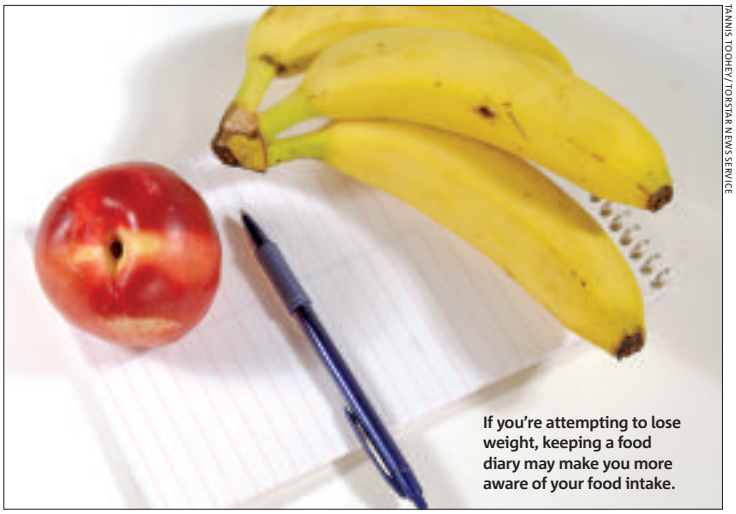
The diaries were simple tabulations of what you ate, the quantity, and the calories each item contained, Stevens says. "And you look at that list and say 'Well, wow, I can reduce the calories in my lunch, that would be easy.'

"Then they develop plans to deal with that. And that's a critical part of the process. You need a specific plan of action, rather than some vague notion that you'll just eat less."

And keeping track of food intake as the day goes on also allows dieters to see how well they are keeping to their plans, Stevens says.

Stevens also says dieters who attempt weight loss within a social network are also much more successful at dropping excess pounds.

TORSTAR NEWS SERVICE



TANNIS TOOHEY/TORSTAR NEWS SERVICE

If you're attempting to lose weight, keeping a food diary may make you more aware of your food intake.

You are what you drink

CELIA MILNE
for Metro Canada

Did you know that drinking too much water can be dangerous? it can result in an illness called hyponatremia.

We all know it's important to drink enough water, especially if we're exercising. Dehydration can cause muscle cramps and heat exhaustion.

But did you know you can drink too much water? Hundreds of people have become sick (and several have died) from hyponatremia — an illness caused by drinking excessive amounts of water. Use common sense, say doctors at Harvard University in Boston. If you are really not sure, check your urine output: If you aren't peeing much and it's darkish, you are not drinking enough. If you have a lot of pee and it is running clear, you are fine.

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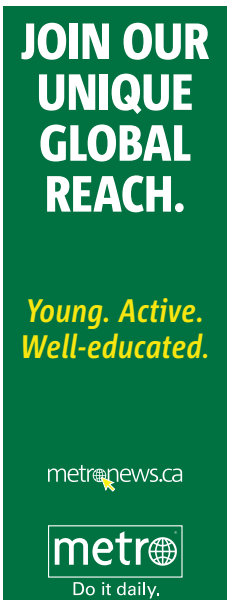

Robin Hood delayed
Production on the new Robin Hood film has been postponed indefinitely. Universal Pictures cited script concerns, location logistics and a potential actors' strike for the delay. **BBC NEWS ONLINE**

Entertainment

Going Mad
Johnny Depp is to play the Mad Hatter in a new version of Alice in Wonderland. The actor is teaming up with director Tim Burton for the a re-imagining of the children's tale. **FEMALEFIRST.CO.UK**

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Horror king claws back

Robert Englund returns to big screen with Jack Brooks: Monster Slayer

Horror has been very, very good to Robert Englund. The man, who made eight appearances as the metal-clawed teen nightmare Freddy Krueger, is back in the genre that elevated him from budding classical actor to international horror icon.

"I get a lot of teenagers going, 'Yo, Krueger,' and honking their horn and giving me the claw. Yeah, I'm recognized," Englund said, during a recent visit to Toronto to promote Jack Brooks: Monster Slayer, which opened Friday in Vancouver.

In the film, Englund plays Professor Crowley, an instructor to a classroom of young underachievers. His backed-up plumbing at his rundown country home unleashes an evil that gradually turns him into a multi-tentacled monster.

Englund said playing Freddy Krueger has given him the luxury to pick and choose his projects."The genre's been very, very good for me," he said.

"It's fun because now I'm able to read a script or see a submission film by someone like (Jack Brooks director) Jon Knautz, and say, 'God, this looks like fun,' ... and hop on a plane and work with some really gifted young people in Ottawa and have it turn out to be a terrific little retro experience," Englund said.

Robert Englund plays a professor with a dark secret in his new film.

The California native trained as a classical actor at Michigan's Oakland University where the Meadow Brook Theatre was at the time affiliated with the Royal Academy of Dramatic Art.

Along with his fellow thespians, the high-quality theatre emanating from Stratford, Ont., dazzled Englund. He recalls the group would occasionally pool money for gas, pile into a car and head to Stratford or Toronto back in the early 1970s. "I remember seeing Christopher Plummer in the pub once (in Stratford) and thinking, 'Omigod, this is where I want to be — I want a turtleneck ... and a corduroy jacket,'" Englund said, with a laugh.

"I would have been happy to have retired to Stratford and been a spear carrier," Englund said, until the politics — read: behind-the-scenes backstabbing – turned him off.

One night, while nursing a bottle of wine after a performance in Michigan, he caught Martin Scorsese's Boxcar Bertha on TV, realized he knew most of the crew on the film and decided to head back to California to try his luck on the silver screen. Englund's first role — a sizeable one — was as Whitey in Buster and Billie, a southern-fried tear-jerker starring Jan-Michael Vincent and involved wearing loads of skin-whitening makeup. (The character was albino.)

"I get a lot of teenagers going, 'Yo, Krueger,' and honking their horn and giving me the claw." Robert Englund

Next came a role in V, a TV miniseries in which Englund played a benevolent alien, a show that drew an international following.

While on hiatus, Englund agreed to do a "little movie" with horrormeister Wes Craven. "They released this Nightmare On Elm Street on the East Coast only, and without any hype or fanfare, it took off. And the rest is history," he said. **TORSTAR NEWS SERVICE**

international

Dark Knight tops global box office

MOVIES The Dark Knight is standing tall at the global box office, taking $65.6 million US over the weekend, imdb.com reports.

The Batman sequel has an international haul of $166 million, but it's still only a fraction of its record-breaking U.S. box office earnings of $300 million in just 10 days.

In brief

TV Mario Lopez is taking over as sole host of the Hollywood gossip show Extra, replacing Dayna Devon and Mark McGrath. Extra veteran Devon will stay on as a special correspondent and backup host. McGrath is leaving the show after a three-year stint to return to his band, Sugar Ray, which is recording a new album. **METRO NEWS SERVICES**

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De Niro mulls Good Shepherd sequels

Robert De Niro wants to direct two sequels to his 2006 movie The Good Shepherd. The actor, who directed and starred in the film alongside Matt Damon and Angelina Jolie, thinks there is scope to do two followups to the CIA thriller. FEMALEFIRST.CO.UK

ABOVE: He's the main man in Seattle and then some. Iron chef Tommy Douglas, seen here with assistant seminar chef Adrienne O'Callaghan, cooks up a storm in Vancouver for the day.

LEFT: Helping out at the seminar for Tommy Douglas are Barbara-Jo's Books To Cooks staff members Charlene Ainsworth, left, and Berglind Kristinsdottir.

RIGHT: T2 Communications' Tanis Tsisserev, left, and Barbara-Jo McIntosh are anything but crabby as they entertain Seattle superstar chef and crabcake-maker Tommy Douglas.

ABOVE: Before Heather Deal was elected to Vancouver council, she was a full-time biologist. Here at PNWER, she poses with her likeness, which is a permanent part of the aquarium's displays.

Rub with love

Acclaimed chef Tommy Douglas has been rubbing people, and salmon, the right way in Seattle for more than 24 years.

Last week, during a special promotional tour of Vancouver, the sovereign of seafood and veritable king of crab cakes made a stop at Barbara-Jo's Books To Cooks to demonstrate his prowess and tout his line of Rub with Love spice mixes. The "crabby" crowd in attendance ate it up, loving every minute spent with the affable author of I Love Crab Cakes and more.

Also this week, it was time to rub elbows with international delegates and business leaders as the Vancouver Aquarium and Mayor Sam Sullivan welcomed delegates from the Pacific North West Economic Region (PNWER) 18th Annual Summit.

Visitors had a whale of a good time as they wined and dined on oceanwise entrees and mixed and mingled with the local inhabitants. Lastly, big hugs and kisses go out to Mission Hill's Anthony van Mandl and winemaker John Simes for their prestigious Winery of the Year award. Celebrating with a sip and sup at Yaletown's Blue Water Cafe, the powerful pair proved why they beat out more than 300 other Canadian wineries to take home the coveted title. Aye, there's the rub.

Cat calls? Please visit www.catherinebarr.com to submit your event or e-mail info@catherinebarr.com. She can also be heard on The Buzz 1410 AM Radio Tuesdays at 4:30 pm.

LEFT: Vancouver mayoral candidate and NPA Coun. Peter Ladner takes in the celebrations at the PNWER/Aquarium reception with Global Creative VP Karyn Holyk.

RIGHT: Kate MacDougall, left, and Shelley McArthur, both of the TopTable restaurant group, pose before raising a glass to the top of the class — Mission Hill.

LEFT: Mission Hill's PR gal Lori Pike celebrates the Winery of the Year award with founder/proprietor Anthony von Mandl at Blue Water.

ABOVE: Kiwi-born winemaker John Simes is all smiles as he celebrates Mission Hill's Winery of the Year award at Blue Water with sommeliers/writers Michelle Bouffard, left, and Michaela Morris.

RIGHT: Mayor Sam Sullivan, left, and Vancouver Aquarium president/CEO John Nightingale welcome dignitaries from all over the globe at the PNWER reception.

LEFT: Blue Water's executive chef Frank Pabst dazzles diners at the Mission Hill winemaker's dinner with dishes expertly paired with sinfully good wines.

No cap and gown for Swift
Country music singer Taylor Swift had a good reason for missing her high school graduation — she's on tour with Rascal Flatts. The 18-year-old just received her diploma via snail mail. **E! NEWS ONLINE**

Milk your birthday for all it's worth

HineSight
Anne Hines

Shine the tiara and fire up those candles — it's my birthday! Forget the, "I don't want anyone making a fuss" nonsense. Birthdays are an excuse to be Diva for a Day. And, with a little thought, any mere birthday can be turned into a week-long celebration. Here's a simple planning guide:

Five days before birthday: The announcement.

Begin to casually drop reminders to family and coworkers. I.e.: "I was thinking of scheduling a meeting next month and then I realized that this Friday is my birthday." It doesn't have to make sense. It just has to convey the message. Kind of like men's aftershave ads.

Four days before: Start getting in the mood.

Begin by reviewing your accomplishments. This year, mine is I'm still standing. It helps not to set the bar too high.

Next, make a list of goals for the year ahead. Anything I don't achieve goes onto next years list. This accounts for such items as "Marry David Cassidy," and "Buy Enron stock."

Three days to go: Prep for being a year older.

Repeat, "I gracefully accept the changes in my body." Then go buy expensive face cream.

Two days to go: Check party plans. There is a reason to share this event with friends and family. They give you stuff.

The big day! Let loose! Ask yourself, "What's life without adventure?" OK, safe, peaceful. But today's your chance to do something crazy. And, if anyone suggests you act your age, just say, "Not today. It's my birthday."

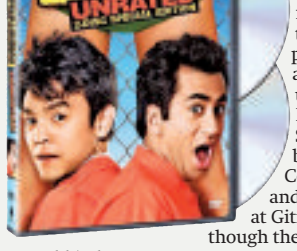
Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

DVD picks

Harold and Kumar Escape From Guantanamo Bay

Director: Jon Hurwitz
Stars: John Cho, Kal Penn, Rob Corddry
Rating: R

IN 2004, Harold & Kumar Go to White Castle turned the pursuit of late-night munchies into an Arthurian quest. This second road movie picks up right where White Castle left off, as our accident-prone duo — ethnic odd couple Harold (John Cho) and Kumar (Kal Penn) — find themselves heading to Amsterdam.



White Castle co-writers Jon Hurwitz and Hayden Schlossberg are back and the movie even features the return of Neil Patrick Harris, repeating his head-tripping horndog turn again for fun and plot expediency. The ante has been upped considerably this time, because Harold and Kumar are chasing freedom (and girls) rather than burgers (and girls).

Thanks to pothead Kumar's jonesing to join a different kind of Mile High Club, they manage to get themselves branded as fugitive terrorists pursued by an unhinged Homeland Security boss (Rob Corddry) and detained at Gitmo, though they soon escape.

Along the way the duo brutally lampoon racial stereotypes of every stripe, taking no prisoners in their rainbow coalition of rude calamity.

They're like Borat without the moustache and with a better grasp of American culture, and it's this satiric subtext that saves the show from its worst excesses.

You'll only enjoy this movie if you can appreciate the lighter side of KKK rallies, presidential potheads, one-eyed rednecks, full-frontal nudists (of both genders) and Homeland Security fascists who mistake the U.S. Bill of Rights for toilet paper. But this is one of those rare pictures that can gross you out and make you think at one and the same time.

Key to its appeal is the chemistry of Cho and Penn, the most likeable comedy duo since Wayne Campbell and Garth Algar. You find yourself rooting for them even while thoughts of clubbing them also cross your mind.

TORSTAR NEWS SERVICE

MoreOnline www.metronews.ca

Going out

7 p.m. San Francisco soul and folk musician Sean Hayes performs live. At Ukrainian Hall, 805 East Pender St. Tix: $13. poletopoleleadership.com.

7:30 p.m. The Back Kitchen Release Party. At Granville Island Stage, 1585 Johnston St. Tix: $30-33. Info: artsclub.com.

8 p.m. King Lear. At Bard On The Beach, 301-601 Cambie St. Tix: $33. Info: bardonthebeach.org.

8 p.m. Conor Oberst and the Mystic Valley plays indie rock and folk rock. At Richard's on Richards, 1036 Richards St. Tix: $25. richardsonrichards.com.

9 p.m. DJ Tanner spins Top 40, hip hop, R&B and dance. At The Plaza Club, 881 Granville St. Tix: free. Info: plazaclub.net.

IntelleVision
Rick McGinnis

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VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 7/29/08	251	308	3 CBC	Coronation St.	Just-Gags	Rick Mercer	22 Minutes	The Tudors "Episode 4"		CBC News: The National (N)		(:05) The Hour
	255	358	6 CH	E! News	The Insider	Real Housewives		Kimora: Life in the Fab Lane		Living Lohan	D. Richards	News (CC)
	254	-	8 M	Law & Order: SVU		Mandarin News		Cantonese News (N)		Punjabi News (In Punjabi N)		The Simpsons
	250	321	9 CTV	eTalk (CC)	Hollywood	Canadian Idol	Robson Arms	Criminal Minds "Damaged"		Law & Order: SVU		News (N)
	-	-	10 OMNI	According-Jim	George Lopez	Coach (CC)	Growing Pains	Darling Buds of May		The Daily	Diya (CC)	New Day
	252	336	11 GTV	Entertainment	ET Canada	Wipeout (N) (CC)		Big Brother 10 (N) (CC)		In Plain Sight (CC)		News (N)
	256	389	12 VI	Degrassi	Degrassi (CC)	Celebrity Family Feud (CC)		America's Got Talent (N)		Without a Trace (CC)		News (N)
	253	359	13 CITY	Wheel-Fortune	Jeopardy!	Hell's Kitchen (N)		Japanese Game Show		Unbeatable Banzuke		Reviews
	-	-	14 CW	'70s Show	'70s Show	Beauty and the Geek (CC)		Reaper "Rebellion" (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS "In the Dark" (CC)		Big Brother 10 (N) (CC)		Without a Trace (CC)		News (N)
	287	379	16 NBC	Evening Mag.	Inside Edition	Celebrity Family Feud (CC)		America's Got Talent (N)		Law & Order: SVU		News (N)
	602	568	19 W	Will & Grace	Friends (CC)	Maxed Out	Style by Jury	Kim	Style by Jury	How to Look Good Naked		Maxed Out
	288	380	21 ABC	Wheel-Fortune	Jeopardy!	Wipeout (N) (CC)		Japanese Game Show		Primetime: Family Secrets		News (N)
	-	-	23 KVOS	M*A*S*H	Scrubs (CC)	Kramer vs. Kramer ★★★★ (1979, Drama) Dustin Hoffman.				Cheers (CC)	Scrubs (CC)	Seinfeld
	291	383	27 PBS	Steves Europe	Rudy Maxa	Nova "Car of the Future"		Wide Angle "Lord's Children"		P.O.V. "Campaign" (N) (CC)		Detox
	290	382	28 FOX	Two/Half Men	Two/Half Men	Kitchen Nightmares (CC)		House (PA) (CC)		News (N) (CC)		Family Guy
	-	364	29 PBS	Wide Angle "Lord's Children"		Keeping Up	The Savages	Tavis Smiley	Charlie Rose (N) (CC)		Nova (CC) (DVS)	
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	Cheers (CC)	South Park	Comics Un.	Half & Half	Entertainment	The Insider	Guthy-Renker
	298	653	35 TLA	Two/Half Men	Two/Half Men	Beauty and the Geek (CC)		Reaper "Rebellion" (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	36 WGN	MLB Baseball		WGN News	Two/Half Men	Sex and-City	Friends (CC)	Will & Grace	Will & Grace	My Wife-Kids
	297	652	37 WPX	CW11 News at Ten		Two/Half Men	Friends (CC)	Sex and-City	Will & Grace	Frasier (CC)	George Lopez	Odd Couple
	199	311	76 STR	News (N)	News		Late Show-Letterman		(:37) Fear Itself (CC)		Late Late Show	
news	502	390	23 NW	Same Sex Marriage		CBC News: The National (N)		CBC News: The National		Same Sex Marriage		National
	500	500	43 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	Sportsnet	MLB Baseball Arizona Diamondbacks at San Diego Padres.					Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	SportsCentre (Live) (CC)			In This Corner	Cagefighting Highlights		Poker Night (Taped)		SportsCentre
	411	457	49 OLN	Adventures	Strand-Peters	Pilot Guides "South Africa 2"		Don't Forget Your Passport		Survivorman (CC)		Odyssey
	410	403	54 SCR	Score Tonight	To Be Announced					Score Update		Score Update
	417	406	55 SC	Super Bikes!	Super Bikes!	Pinks	Pass Time	Unique Whips		Low Life	SuperCars	Super Bikes!
	416	409	144 GLF	(6:00) Fútbol de España		Gol TV News		Hallo Bundesliga		Gol TV News		Gol TV News
family	552	543	25 YTV	Malcolm-Mid.	Prank Patrol	Fries That?	Futurama	Prank Patrol	Mystery Hnt.	Falcon Beach "After the Fall"		Mystery Hnt.
	555	545	50 TEL	George	Merrie Melody	Loonatics	6teen	Total Drama	Futurama	The Mask ★★★ (1994) Jim Carrey. (CC)		
	557	541	51 FAM	That's-Raven	Smart Guy	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	56 TRE	Comfy Couch	Rolie Polie	Beren. Bears	Dragon	Backyard	Dora-Explorer	Go, Diego, Go!	Treetown	Comfy Couch
cable variety	268	354	5 KNO	Gardens	Recreat. Eden	Peking to Paris (CC)		The Jackie Washington Story		Alexandra's Echo (CC)		Leading Edge
	575	583	20 CMT	Home Imp.	Roseanne	CMT30 "Craven 2008"		Reba (CC)	Hope & Faith	Home Imp.	Roseanne	Ed (CC)
	570	580	24 MM	Instant Star	Instant Star	Gone Wild	Gone Wild	So You Think You Can Dance (CC)				Dance
	600	564	26 H&G	The Stagers	Green Force	Holmes on Homes (CC)		Dirty Business	Outside	Colin & Justin's Home Heist		The Stagers
	615	520	31 A&E	The Cleaner (N) (CC)		The Cleaner (CC)		The First 48 (CC)		The First 48 (CC)		The Cleaner
	628	584	42 SPKE	CSI: Crime Scene Invstgtn.		CSI: NY (CC)		CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		CSI: NY (CC)
	521	560	44 TLC	What Not to Wear: Behind		Ashley Paige	Ashley Paige	Must Love Kids		What Not to Wear: Behind		What Not
	616	522	48 SHO	ReGenesis (CC)		Blue Murder "Black Sheep"		Trailer Park	Kenny-Spenny	CSI: NY "Sleight Out of Hand"		House (CC)
	620	523	40 BVO	Live at the Rehearsal Hall		Law & Order "Deadbeat"		Without a Trace "Safe" (CC)		Entourage	(:45) Flight of the Intruder	
	601	562	41 SLC	Plastic-Perfect	Matchmaker	Newlywed	In Laws	Shear Genius		Plastic-Perfect	Matchmaker	Trading Sp
	520	505	42 DIS	Deadliest Catch (N)		Daily Planet (CC)		Surviving Sharks		Deadliest Catch		How It's Made
	522	506	44 HIS	NCIS "The Voyeur's Web"		The Color of War (CC)		Hitler and the Occult (CC)		NCIS "The Voyeur's Web"		Crime Stories
	627	528	45 SPC	Battlestar Galactica "Faith"		Stargate SG-1 "Grace" (CC)		Star Trek: Voyager (CC)		Star Trek: Enterprise (CC)		Star Trek Gen.
	294	650	47 TBS	The Office	The Office	My Boys	Sex and-City	Sex and-City	A Few Good Men ★★★ (1992, Drama) Tom Cruise. (CC)			
	619	525	48 TROP	News Show	News Show	ET Canada	What	Family Guy	Seinfeld	Seinfeld	Frasier (CC)	Family Guy
	603	561	52 FN	Top Chef "Tailgating" (CC)		Restaurant Makeover (CC)		Iron Chef America (CC)		HEAT	HEAT	Top Chef
	626	547	57 COM	Air Farce	22 Minutes	Laughs	Corner Gas	The Simpsons	South Park	Comedy Inc.	Tom Green	Daily Show
	320	621	60 CEN	King of Kong: Quarters		Autopsy: Postmortem With		China's Stolen Children			Autopsy: Postmortem With	
	581	566	101 MTV	From G's to Gents (CC)		MTV Live (CC)		Living	Living	From G's to Gents (CC)		MTV Live
	261	394	102 V	Jozi-H "Life After Death"		Mysterious Ways (CC)		Quantum Leap		Eyes Down	On the Buses	Paid Program
	-	-	105 MUL	The Land	Daughters	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

Blood Ties
Although nightmares are common among people, apparently vampires don't dream. So when Henry (Kyle Schmid) starts having nightmares, he freaks out. Turns out an immortal mummy (Danny Trejo) is coming for him to steal his life force, and Vicki (Christina Cox) has to do something drastic to save Henry — which may ruin her friendship with him forever. 6 PM on SPC

critics' corner

Reaper
To quote Robert Browning, "a man's reach should exceed his grasp," but this is ridiculous. In this episode, Steve and Tony (Michael Ian Black, Ken Marino) have a lofty goal: Trap the devil (Ray Wise) so he can be destroyed. Why not? They have an in with Sam (Bret Harrison), who works for him. Sock (Tyler Labine) gives Ted (Donovan Stinson) the OK to date Josie (Valarie Rae Miller) but regrets it when she says yes in "Rebellion." 6 PM on WPX; 9 PM on TLA CW

The godfather

Actors Brad Pitt and Angelina Jolie have reportedly asked U2 front man Bono to be the godfather of their newborn twins, Knox Leon and Vivienne Marcheline because they are impressed by his humanitarian work. Bono reportedly accepted. METRO NEWS SERVICES

Celebrity Buzz

Miley sort of apologizes

VIDEO DISS Miley Cyrus has somewhat apologized for mocking fellow Disney stars Selena Gomez and Demi Lovato in a YouTube video, the New York Daily News reports.

"If we offended them, we're super sorry," Cyrus told Popstar! magazine. "We were just, like, having fun, you know what I mean?"

The Hannah Montana star, 15, and pal Mandy Jirox recreated a video made by Gomez, 16, and Lovato, 15, on their Miley & Mandy YouTube channel.

In the video, Cyrus and Jirox make fun of a T-shirt worn by Gomez and a gap that Lovato, star of Camp Rock, used to have in her teeth.

Gomez, who appears on Disney's Wizards of Waverly Place, has been dubbed "The Next Miley Cyrus." She's also reportedly dating Cyrus' alleged ex, Nick Jonas.

But Cyrus maintains she was just kidding around on her video.

Lovato and Gomez have not yet commented on the video or quasi-apology.

METRO NEWS SERVICES

No enhancement for Keira

DIGITAL-FREE Actress Keira Knightley has refused to allow her bust to be digitally enlarged — because she is so proud of her body, imdb.com reports. Knightley, 23, reportedly dismissed studio bosses' suggestion to use computer trickery to boost her chest on publicity posters.

"She has insisted that her figure stay in its natural state. She is proud of her body and doesn't want it altered," a source told the Daily Mail.

In 2004, Knightley was criticized when she appeared in publicity shots for King Arthur with digitally-enhanced breasts.

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

Butler learns Comic-Con code

ITEMS RETURNED 300 star Gerard Butler has given the comic book geeks the seal of approval after they didn't claim his watch and glasses as souvenirs, imdb.com reports. The actor was at Comic-Con in San Diego promoting his new film Rockn-Rolla when he suddenly realized his timepiece and sunglasses were missing. "It was madness," he said. "I was signing posters and my watch kept catching on them, so I took it off and put it between my legs and then walked off. And then I thought someone stole my sunglasses." But Butler didn't take comic book fans' code of conduct into account — the items were turned in to security by fans. He added, "This place is great."

METRO NEWS SERVICES

They're having babies

PREGGERS Rebecca Romijn-O'Connell and her husband, Jerry O'Connell, are expecting twins, their rep confirms to People.

The babies are due this winter. The parents-to-be were married in 2007.

Ugly Betty's Romijn, 35, recently told Self magazine she hoped to be "lucky enough" to have kids. Just last week, O'Connell, 34, told People, "We're trying to get pregnant," adding that practising has been "a lot of fun."

METRO NEWS SERVICES

celebrity briefs

Winehouse rushed to hospital

HEALTH Singer Amy Winehouse has been taken to hospital, her spokesman said yesterday. He had no further details.

When asked about the incident, a spokeswoman for the London ambulance service said: "We did take the patient to hospital," after being called to an address in north London.

The 24-year-old star, whose battle against drug addiction in recent months has overshadowed her recording successes, has a home in Camden, north London.

REUTERS

Moss back with beau, plans for second child

MOTHERHOOD Kate Moss is apparently planning to have another baby with on/off boyfriend Jamie Hince, femalefirst.co.uk reports.

The supermodel recently split from the Kills guitarist over her desire to get pregnant, reports the Mirror.

However, the couple have since reunited after Hince reportedly changed his mind.

The pair are now on a make-or-break holiday in Ibiza.

"Kate is keen to have another baby before Lila Grace gets any older," a source said. "She doesn't want her to grow up a single child … But it has become a real sticking point between her and Jamie.

"She thinks he will be a great dad — but he has been unsure whether he's ready for such a huge commitment," the source added.

"They had a short break to clear their heads. But after Hince spoke to some of his friends about his dilemma, he is coming round to thinking a baby with Kate wouldn't be a bad thing. He agreed to go to Ibiza with her for a break before he goes on tour to see how they get on. No one would be surprised if Kate comes back pregnant."

METRO NEWS SERVICES

celebrity briefs

Love gives credit for weight loss …

SLIMMING DOWN Courtney Love has credited hypnotist Paul McKenna as the reason for her dramatic weight loss, femalefirst.co.uk reports. The singer has been seeing the weight-loss guru, who wrote I Can Make You Thin. However, Love's friends are worried she is now dangerously thin. "She is skeletal now," one told the Daily Mail.

METRO NEWS SERVICES

… while Damon tries to box it off

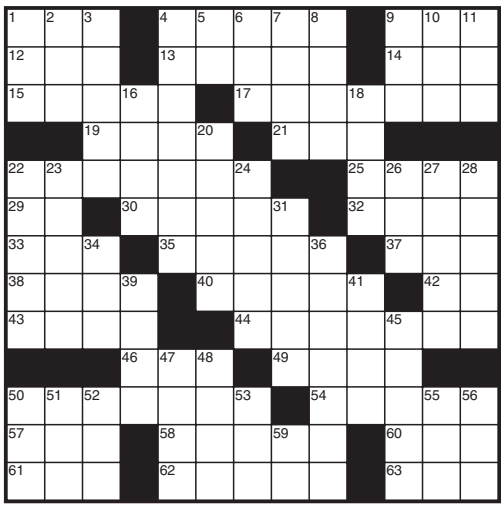
POUND-FOR-POUND Matt Damon has taken up boxing to lose weight, femalefirst.co.uk reports. The actor admits it is tough to lose the excess pounds he gained for the movie The Informant. Damon, who was named People magazine's Sexiest Man Alive in 2007, laughed: "Now I'm the Sexiest Man Alive's chunky cousin!"

METRO NEWS SERVICES

Grammer checks into hospital

Actor Kelsey Grammer has been hospitalized in New York after feeling faint — just a month after he suffered a near-fatal heart attack. The actor was taken to a medical centre in the city on Sunday night, and is expected to be released today. IMDB.COM

Take Five



Crossword down

1 Zig's opposite
2 Si, to Maurice
3 Volunteer
4 Flower parts
5 Plural indicator
6 Rattlesnake kin
7 Reproaches oneself for
8 "One For My Baby" singer
9 Nest-egg letters
10 Nonrusting metal
11 Being quick to learn
16 Tiny amounts
18 Speckles
20 Health-club fixture
22 Wedge
23 Of durable wood
24 Props
26 Idle chatter
27 Fluff feathers
28 Prime-time hour
31 Patronizes a restaurant
34 Witness
36 Bleach
39 Medieval laborer
41 Kuwaiti leader
45 Send via modem (hyph.)
47 Brand for Bowser
48 Retail center
50 One, to Fritz
51 Playing card
52 Some whiskey
53 Mattress extra
55 Pigeon talk
56 Space widths
59 "Tao — Ching"

Play more games online at www.metronews.ca

Crossword across

1 Busy place, slangily
4 Cultured gem
9 Make — — double
12 — Wiedersehen
13 Newsstand buy
14 Pull apart by force
15 Freebies
17 Locket
19 Refreshments
21 — Tome
22 Sweet liqueur
25 Variety
29 Laugh syllable
30 Fishtailed
32 Bombay attire
33 Authorizes
35 Aquarium denizen
37 Barrel
38 So-so grades
40 Singer — Lennox
42 Short query
43 Trouser part
44 Part
46 Barnyard animal
49 Wedge
50 Cap feature
54 Track down
57 Slick
58 Pitcher's target
60 Kind of microscope
61 Once named
62 Bygone
63 — Gatos, Calif.

previous day's answer

P	A	L	■	R	I	G	O	R	■	F	E	Z
A	L	I	■	O	M	A	H	A	■	I	R	E
R	E	C	O	U	P	■	M	I	R	A	G	E
■	■	■	H	O	T	■	I	S	L	E	S	■
D	E	E	P	■	E	R	■	S	E	C	T	S
I	N	N	■	A	T	O	M	■	S	O	H	O
A	D	■	S	U	R	N	A	M	E	■	I	L
L	O	L	A	■	E	I	R	E	■	M	E	T
S	W	I	N	G	■	N	C	■	F	I	F	I
■	■	S	T	I	N	G	■	B	O	X	■	■
F	A	T	A	L	E	■	A	U	B	U	R	N
A	D	E	■	D	W	A	R	F	■	P	O	E
B	O	D	■	S	T	I	F	F	■	S	T	A

Horoscopes

AVATAR VENUS

ARIES ♈
MARCH 21-APRIL 20
Something of value is in your home. A confession will come from a dim-wit. A kind person may cause a loss of enthusiasm.

TAURUS ♉
APRIL 21-MAY 21
Someone demands that you get home earlier. Continue trying to co-operate. An stranger will arrive and be appealing.

GEMINI ♊
MAY 22-JUNE 21
You're getting ahead in your work, but a crisis will arise. A colleague demands that you make a suggestion. All ideas will be fruitful.

CANCER ♋
JUNE 22-JULY 22
You'll feel that only you can show maturity. Demand more from others. You can anticipate when somebody will begin to infuriate you.

LEO ♌
JULY 23-AUG 23
People will notice you heading in the right direction. Put the phone down and get to work. You're in for a romantic reversal.

VIRGO ♍
AUG 24-SEPT 22
Someone will disagree with a travel companion. You must be nimble when necessary. A proper lover will throw in the towel.

LIBRA ♎
SEPT 23-OCT 23
A dramatic friend will miss the point. A negative experience is just fate teaching humility. A man draws attention to your efforts.

SCORPIO ♏
OCT 24- NOV 22
Be honest when discussing unexpected gains. Have a story ready when a wretch frustrates plans. A sibling has a fated meeting.

SAGITTARIUS ♐
NOV 23- DEC 21
Someone's child will leave town for a while. A rejection will drag in some good luck. Expect confusion around food issues.

CAPRICORN ♑
DEC 22-JAN 20
An insincere relative needs professional attention. Avoid arguing about your appearance. Wear navy blue to an evening meeting.

AQUARIUS ♒
JAN 21-FEB 18
A relationship will find closure. Expect flattery concerning a romance. A boss from the past wants another chance — just say no.

PISCES ♓
FEB 19-MAR 20
You can trust a woman's practical support. A home is all stirred up by arguments. Children will be very touchy.

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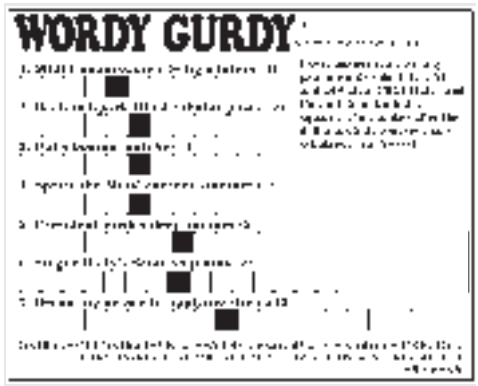
This day in history

JULY 29, 1899: The First Hague Convention is signed.
JULY 29, 1921: Adolf Hitler becomes leader of the National Socialist German Workers Party.
JULY 29, 1948: The Games of the XIV Olympiad - After a hiatus of 12 years caused by World War II, the first Summer Olympics to be held since the 1936 Summer Olympics in Berlin opened in London.
JULY 29, 1981: Marriage of Prince Charles to Lady Diana Spencer.



Sudoku

INSTRUCTIONS:
The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

previous day's answer

6	2	8	4	9	1	7	3	5
7	5	3	8	6	2	9	1	4
4	1	9	5	3	7	8	2	6
9	3	6	2	8	4	1	5	7
2	7	5	3	1	6	4	8	9
8	4	1	7	5	9	2	6	3
1	9	7	6	2	5	3	4	8
5	8	2	9	4	3	6	7	1
3	6	4	1	7	8	5	9	2

SOLVE TIME IN MINUTES:
Under 13 . . . . . Genius
13-17 . . . . . Scholar
17-21 . . . . . Smart
21-25 . . . . . Not bad
25+ . . . . . Keep practicing

8				9				1
	3			7			6	
7			5		2			4
5		9				4		7
		3	4		7	5		
1		4				6		3
9			2		1			6
	5			4			8	
6				3				5

Vancouver weather

The Weather Network theweathernetwork.com

Afternoon	Tonight	Wednesday	Thursday	Friday
80%			80%	80%
Showers. 17°	Partly cloudy. Low 12°	Partly sunny. 18°/12°	Rain. 17°/13°	Rain. 17°/13°

Temperature
Normals
High: 22.7°
Low: 13.3°

Records
High: 30.6°/1960
Low: 9.4°/1947

Sunrise: 5:41 a.m.
Sunset: 8:55 p.m.
Moonrise: 1:52 a.m.
Moonset: 7:28 p.m.

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